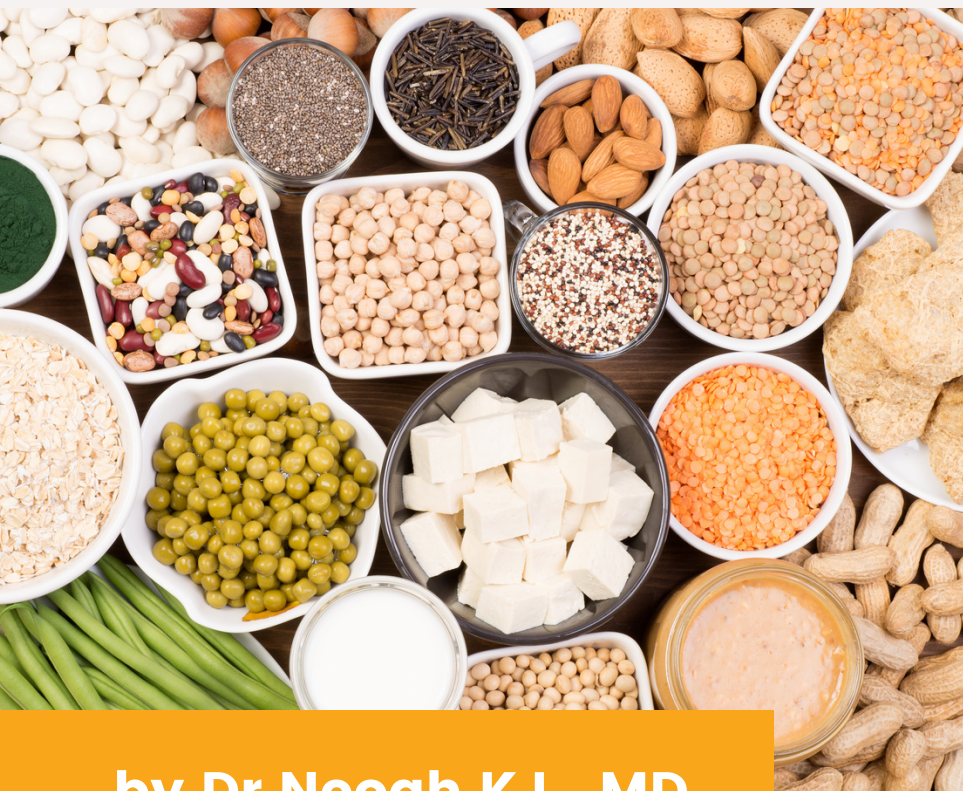


Hormone Balancing Diet:

7 Nutrients you can't Afford to Ignore



by Dr Neogh K.L., MD

introduction

Hormonal balance plays a critical role in maintaining overall health and wellbeing. Hormones are chemical messengers that regulate various bodily processes, including energy metabolism, mood, physical health, and reproductive functions.

One of the most effective ways to maintain hormonal balance is through proper nutrition. The foods we eat provide the nutrients our bodies need to produce and regulate hormones.

By incorporating the right foods and nutrients into our diets, we can support hormonal health and reduce the risk of imbalances that can lead to health problems.

In this guide, we will explore seven key nutrients that are essential for hormonal balance, how they work, and the best food sources to obtain them.

Best regards,

Dr Neogh K.L., MD



01: Magnesium

Magnesium is a mineral involved in over 300 biochemical processes in human body.

Magnesium regulates body response to stress, calming the nervous system, reducing the negative effect of stress.

Magnesium is necessary for the production of thyroid hormones, which play a critical role in regulating metabolism, growth, and development.

In both men and women, magnesium helps to balance estrogen, progesterone, and testosterone.

Magnesium can be obtained through the diet, with sources including:

Leafy dark green vegetables:
Spinach, collard green, kale

Nuts & seeds:
Almonds, cashews, pumpkin seeds, soy

Whole grains:
Brown rice, oat,

Fatty fish:
Salmon, halibut, tuna

Fruits:
Avocado, banana



02: Vitamin B6

Vitamin B6, also known as pyridoxine, is a water-soluble vitamin that involved in metabolism of energy, hormones, and nervous system.

Vitamin B6 is necessary for the production of neurotransmitters in the brain, which are important for mood regulation, relaxation, and sleep.

Taking adequate vitamin B6 could promote progesterone production, restoring estrogen and progesterone balance.

In men, vitamin B6 enhances testosterone production, improving testosterone and estrogen balance.

Food rich in vitamin B6 includes potatoes, fatty fishes, green leafy vegetables, nuts and seeds.





03: Pregnenolone

Pregnenolone is a steroid made of cholesterol. It is naturally produced in adrenal glands, gonads, and brain. It's a precursor to other steroid hormones including cortisol, DHEA, progesterone, estrogens, and androgens.

In adrenal glands, pregnenolone is converted to cortisol and DHEA, which are responsible in regulating stress response and immune system.

Pregnenolone can be converted into estrogens and progesterone, relieving menopausal symptoms such as hot flashes, fatigue, and mood swing.

Pregnenolone is also a brain-steroid that improve focus , memory, and stress response.

Pregnenolone can **NOT** be found in food source. It can only be synthesized from cholesterol in adrenal gland.

Therefore, taking healthy cholesterol is crucial to maintain pregnenolone production.

Several healthy fats are good source of good cholesterol:

- Olive oil
- Flaxseed oil
- Avocado
- Fatty fish
- Coconut oil



04: Iodine


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Iodine is commonly found in animal protein and seaweeds, such as **fish, egg, nori, wakame,** and **poultry.**

Thyroid gland is located in the neck. It produces thyroid hormones, parathyroid hormones, and calcitonin.

Iodine is an essential mineral that is required to produce thyroid hormones.

Thyroid hormones play a critical role in regulating growth, energy metabolism, and many other organs' functions.

Thyroid hormones interact with sex hormones estrogen, progesterone, and testosterone, regulating reproductive system.

In thyroid hormone deficiency, stress hormone cortisol increases to compensate for thyroid hormones. High cortisol level can cause weight gain, diabetes mellitus and compromise immunity.

05: Selenium

Selenium is a mineral that acts as an important cofactor in hormones production.

It activates thyroid hormone, converting T4 to the more active form of thyroid hormone T3.

As an antioxidant, selenium neutralizes free radicals which can damage cells and DNA, reducing inflammation.

Selenium regulates insulin signaling pathway, improving peripheral insulin sensitivity in people with diabetes mellitus.

Most animal-based food contain high level of selenium:

- Poultry
- Shellfish
- Red meat
- Fish
- Eggs



06: Vitamin D



Vitamin D is a fat-soluble vitamin which is synthesized in the skin under UV exposure.

Vitamin D is well-known for maintaining bone health. Vitamin D increases calcium absorption from the gut and incorporate it into the bone.

Beside bone health, Vitamin D balances insulin production and improves insulin sensitivity.

In men, vitamin D promotes testosterone production, muscle growth, and sperm production.

In women, vitamin D balances estrogens and progesterone. It also lowers testosterone and improve fertility.

Vitamin D can be obtained through synthesis in the skin or food. It is then activated in the kidneys.

Food good source of vitamin D:

- Fatty fish
- Red meat
- Egg yolk
- Liver



07: Chromium



Chromium (III) is an essential trace mineral found in human body. It is different from chromium (VI), which is found in toxic industrial pollutants.

Chromium (III) plays an important role in metabolism of glucose, proteins, and fats. It enhances insulin activities and regulates insulin production and action.

Adequate chromium intake can lower insulin resistance, reducing the risk of getting cardiovascular diseases, diabetes mellitus, and metabolic syndrome.

Food are high in chromium (III) include:

- Broccoli
- Grape
- Orange
- Meat
- Green bean
- Seafood

Getting nutrition the right type at the right dose

Different forms of nutritional products may differ in their absorption, bioavailability, and potential adverse effects.

Using magnesium (Mg) as an example, most Mg supplements found in the market are Mg Citrate or Mg Oxide. These forms of Mg cannot be absorbed in human gut and hence it may cause diarrhea. An amino acid chelated Mg is a preferred choice for hormone health.

For educational purpose, I have listed down the nutrition with my preferred forms and daily dosages. Please take note that higher dosages are usually required to achieve optimal hormone health.

If you are in doubt, please do not hesitate to reach out to me.

Wish you good health!

Dr Neogh K.L., MD

NOT ALL the nutrition products in the market are the same!

My preferred nutrition forms and daily dosages:

Magnesium glycinate: 100-300mg

Vitamin B6: 240mg

Pregnenolone: 50mg

Potassium iodide: 0.8-1.0mg

Selenium (elemental): 0.1-0.2mg

Vitamin D3: 2000 IU

Chromium picolinate: 0.8-1.0mg

Disclaimer:

These suggestions are for educational purpose. Should you require a proper prescription, a proper consultation should be arranged.



Get yourself a personalized nutritional prescription



Personalized nutritional prescription is a customized nutrition product formulated based on individual needs. It is in accordance with United States Pharmacopeia (USP) standard. The advantages are:

- Tailored to individual needs
- Selection of optimal forms and dosages
- Multiple formulas can be combined for easy consumption
- Free of preservatives, made of plant-based capsules

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